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Euphorbia hirta, Compatible Herbs in Indian Traditional Healing and role of wild Ficus

- Posted by [Pankaj Oudhia](#) on July 5, 2012 at 17:18
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Excerpts from my Jungle Diaries (April 2012 onwards) Part-5

(In continuation of Part-4)

“This weed is collected in bulk by truck drivers. They use it in treatment of Bleeding Piles.” Yesterday I was in Horticulture Nursery and the Head was informing about Euphorbia hirta.

“Yes, this so-called weed is valuable medicine for the Traditional Healers.” I replied. I was taking pictures of the new plants. Later I uploaded it as Anti-migraine plant in my Youtube uploads.

“You have more medicinal plants on road growing as weeds as compared to the medicinal plants you planted in your nursery.” I said to the Nursery Head. Euphorbia is promising remedy for Asthma also. I suggested him to visit my homepage if interested, for hundreds of pages explaining use of this plant in thousands of Traditional Formulations.

I remember early days of my Ethnobotanical surveys in Bastar. Near Jagdalpur in weekly village market I met famous Traditional Healer of the region. I was taking pictures of rainy season flora. I was also explaining its medicinal properties to my team members. After following us sincerely the Healer disclosed that it is promising remedy for Diabetes specially Diabetes insipidus.

“You will find ants and houseflies on the fresh urine of patients. Give them this herb in any form it will work in miraculous way.” He explained. But what he was describing was just tip of iceberg.

“In excess it may result in loose motions and stomach upset.” I added.

“Yes, you are right but excess is the term that changes from patient to patient. The stomach upset and loose motions caused by Euphorbia hirta and associated species are not permanent and lethal. It can be managed with the help of other herbs. To the sensitive patients it can be given with supporting herbs.” The Healer said in rather defensive way.

Now he was aware that he was interacting with the person of same field. I continued to take pictures and he continued to follow. I informed about 80 Herbal Formulations in which this plant is added as important ingredient. Many Formulations were new to him.

“You are invited to my village. Please follow me and you will be enriched through Traditional Knowledge.” He said humbly. I accepted his invitation.

After crossing small forest patch I reached to his village. He instructed his school going son to write down all the 80 formulations in notebook for future use. I shared all the information in original form and it took many hours.

“You are so generous. Now it is my turn to tell you the truth. You can use Euphorbia hirta and associated species for Diabetes but as single herb you can get poor results. I add five types of roots with this plant to make the formulation complete. I know that you can identify these roots.” He showed 5 types of roots.

Roots were not specific in appearance. I failed to identify even one. I surrendered.

“Chew these roots one by one. Although in external appearance these are similar but in taste entirely different. When you chew it after consuming freshly collected honey, you will get five new tastes. If you consume it after goat milk the taste will change again.” I was hearing him with wide opened eyes.

“I collected the roots from nearby forest. All roots are of large Medicinal Trees. I prefer to collect it as per requirement and never collect it in bulk for round the year use. As the number of patients with Diabetes is increasing now I am afraid that the collection of roots in bulk may be fatal to the old

trees. I am in search of promising alternatives of these roots so that the increasing pressure can be distributed to other species.” I was amazed by his approach.

With this unique Euphorbia hirta based Formulation when I returned back to Raipur I started searching my database for similar formulations. Later through my surveys I presented this unique formulation to many Healers. They tried and found it really useful. They visited to the Healer of Bastar for thanks giving.

“Sir, I am much interested in new work. Please suggest some less researched ancient formulations for my thesis work.” I was interacting with young researcher of Kerala this morning.

“You can try Euphorbia hirta based Formulations.” I tried to suggest.

“Euphorbia hirta!!! But there are hundreds of publications on different aspects of this herb not only from India but also from other parts of the world.” He replied without any delay. We were on phone but I felt marks of great surprise on his face.

”Yes you are right but even after so many research works Euphorbia hirta based products are still not in Global market. One of the reasons is that the published works are of academic interest only. May be the researchers shifted to new topics without reaching to end line i.e. development of herbal products. Also most of the works were done on the basis of superficial knowledge. As result they failed to get the desired “Activities” during experimentations. If you are really interested in some pioneer work you can try Euphorbia and five roots based Formulations.” I explained.

After allotted 20 minutes discussion he requested for extra time. “Sir, I am ready to work on this Formulation but is this formulation mentioned in your on-line publications.” I replied in negative. “Then Sir, how can I show and convince my supervisor about it?” With this question our interactions reached to dead end.

Few moments back I received the call again that his supervisor has given green signal for this Formulation and now he wanted full details of Formulation. “I will give all the details with my comments but at first please come to Chhattisgarh, meet the concerned Healer and convince him.” I suggested. The researcher agreed for it.

From last week I received similar inquiries related to over 400 species of Herbs and related Formulations. The queries were from around the globe. In telephonic interactions it is bit difficult to share all the information collected through surveys in decades within 20 minutes. I request the callers to visit Raipur i.e. my home town and discuss in detail.

“I want the detailed information about rare White Butea in 20 minutes.” I received this request from North India. It was difficult for me. Few months back I delivered 9 hours lecture on this specific plant among selected researchers but failed to cover 10 percent of total information I have on this plant so far. It was very frustrating situation for me.

Here is list of selected plants on which I interacted with the callers mostly researchers.

Clerodendrum philippinum Schauer

Clerodendrum phlomidis L.f.

Clerodendrum serratum (L.) Moon

Clerodendrum thomsonae Balf.

Clerodendrum waiiichii Merr.

Duranta erecta L.

Gmelina arborea Roxb.

Gmelina asiatica L.

Gmelina philippensis Cham.

Holmskioldia sanguinea Retz.

Lantana camara L. var. *aculeata* (L.) Mold.

Lantana camara L.var. *splendens* (Medic.) Mold.

Lantana indica Roxb.

Lantana trifolia L.

Lantana veronicifolia Hayek

Lippia citriodora H.B.K.

Lippia javanica (Burm.f.) Spreng.

Petrea volubilis L.

Phyla nodiflora (L.) Greene

Premna balakrishnanii Rajendran & P.Daniel

Premna coriacea Clarke var. *coriacea*

Premna coriacea Clarke var. *villosa* (C. B. Clarke) Rajendran & Daniel

Premna corymbosa (Burm.f.) Rottl. & Willd.

Premna glaberrima Wight

Premna herbacea Roxb.

Premna latifolia Rozb. var. *latifolia*

Premna latifolia Roxb. var. *henryi* D. Naras.

Premna latifolia Rozb. var. *mollissima* (Roth) Clarke

Premna latifolia Roxb. var. *viburnoides* Clarke

Premna mundanthuraiensis Rajendran & P.Daniel

Premna paucinervis (Clarke) Gamble

Premna serratifolia L.

Premna tomentosa Willd.

Premna wightiana Schauer

Priva cordifolia (L.f.) Druce

Stachytarpheta jamaicensis (L.) Vahl

Stachytarpheta mutabilis (Jacq.) Vahl

Stachytarpheta urticaefolia (Salisb.) Sims

Tectona grandis L.f.

Verbena bipinnatifida L.

Verbena bonariensis L.

Verbena x *hybrida*

Verbena rigida Spreng.

Vitex altissima L.f.

Vitex leucoxydon L.f.

Vitex negundo L. var. *negundo*

Vitex negundo L. var. *purpurascens* Sivar. & Moldenke

Vitex peduncularis Wall. ex Schauert

Vitex pinnata L.

Vitex trifolia L.

Congea tomentosa Roxb.

Sphenodesme paniculata Clarke

Symphorema involucratum Roxb.

Avicennia alba Blume

Avicennia marina (Forssk.) Vierh

Avicennia officinalis L.

Acrocephalus hispidus (L.) Nicolson & Sadasivan

Acrocephalus palniensis Mukerjee

Anisochilus argenteus Gamble

Anisochilus carnosus (L.f.) Wall. ex Benth.

Anisochilus dysophylloides Benth. var. *dysophylloides*

Anisochilus dysophylloides Benth. var. *purpureus* (Wight) Gamble

Anisochilus eriocephalus Benth.

Anisochilus henryi Ravikumar & Lakshmanan

Anisochilus paniculatus Benth.

Anisochilus robustus Hook.f.

Anisochilus scaber Benth.

Anisochilus sericeus Benth.

Anisochilus suffruticosus Wight

Anisochilus wightii Hook.f.

Anisomeles heyneana Benth.

Anisomeles indica (L.) Kuntze

Anisomeles malabarica (L.) R. Br. ex Sims

Basilicum polystachyon (L.) Moench

Becium filamentosum (Forssk.) Chiov.

Clinopodium umbrosum (M. Bieb.) K. Koch

Colebrookea oppositifolia J.E. Smith

Elsholtzia ciliata (Thunb.) Hyland

Endostemon viscosus (Roth) M. Ashby

Eusteralis cruciata (Benth.) Panigrahi

Eusteralis deccanensis Panigrahi

Eusteralis quadrifolia (Benth.) Panigrahi

Geniosporum elongatum Benth.

Geniosporum menthoides (L.) Druce

Geniosporum menthoides (L.) Merr. var. *longiracemosum* (Ramam. & Sebastine) Press & Sivar.

Gomphostemma eriocarpon Benth.

Gomphostemma heyneanum Wall. ex Benth. var. *heyneanum*

Gomphostemma heyneanum Wall. ex Benth. var. *rottleri* Prain

Gomphostemma keralensis Vivek., Gopalan & Ansari

Gomphostemma strobilinum Wall. ex Benth.

Hyptis suaveolens (L.) Poit.

Isodon coetsa (D. Don) Kudo

Isodon nigrescens (Benth.) H. Hara

Isodon nilgherricus (Benth.) H. Hara

Isodon walkeri (Arn.) H.Hara

Isodon wightii (Benth.) H. Hara

Lavendula angustifolia Mill.

Lavandula lawii Wight

Leonotis leonurus R.Br.

Leonotis nepetiifolia (L.) R.Br.

Leonurus sibiricus L.

Leucas anandaraoana Umamahesw. & P. Daniel

Leucas angularis Benth.

Leucas aspera (Willd.) Link

Leucas biflora (Vahl) R.Br. var. *biflora*

Leucas cephalotes (Roth) Spreng.

Leucas chinensis (Retz.) R.Br.

Leucas ciliata Benth.

Leucas diffusa Benth.

Leucas eriostoma Hook.f. var. *eriostoma*

Leucas eriostoma Hook.f. var. *lanata* Hook.f.

Leucas eriostoma Hook.f. var. *latifolia* Hook.f.

Leucas flaccida R.Br. var. *scaberula* (Hook.f.) Srinivasan

Leucas helianthemifolia Desf.

Leucas hirta (Heyne ex Roth) Spreng.

Leucas indica (L.) R.Br. ex Vatke

Leucas lamifolia Desf.

Leucas lanata Benth.

Leucas lanceaefolia Desf.

Leucas marrubioides Desf.

Leucas martinicensis (Jacq.) R. Br.

Leucas montana Spreng.

Leucas nutans Spreng.

Leucas prostrata (Hook.f.) Gamble

Leucas pubescens Benth.

Leucas rosmarinifolia Benth.

Leucas stelligera Wall. ex Benth.

Leucas stricta Benth.

Leucas suffruticosa Benth.

Leucas ternifolia Desf.

Leucas urticaefolia (Vahl) R.Br.

Leucas vestita Benth. var. *vestita*

Leucas vestita Benth. var. *angustifolia* Hook.f.

Leucas vestita Benth. var. *oblongifolia* Hook.f.

Leucas vestita Benth. var. *sericostoma* Hook.f.

Leucas wightiana Benth.

Leucas zeylanica (L.) R. Br.

Mentha arvensis L.

Mentha canadensis L.

Mentha x piperita L.

Meriandra bengalensis Benth.

Micromeria biflora (Buch.-Ham.ex D.Don.) Benth.

Micromeria capitellata Benth.

Nepeta hindostana (Roth) Haines

Ocimum americanum L.

Ocimum basilicum L. var. *basilicum*

Ocimum basilicum L. var. *pilosum* Benth.

Ocimum basilicum L. var. *purpurascens* Benth.

Ocimum basilicum L. var. *thyrsiflorum* Benth.

Ocimum gratissimum L.

Ocimum tenuiflorum L.

Origanium hortensis Moench

Orthosiphon aristatus (Blume) Miq.

Orthosiphon comosus Wight ex Benth.

Orthosiphon pallidus Benth.

Orthosiphon rubicundus (D.Don) Benth. var. *rubicundus*

Orthosiphon rubicundus (D.Don) Benth. var. *hohenackeri* Hook.f.

Orthosiphon thymiflorus (Roth) Sleensen

Plectranthus amboinicus (Lour.) Spreng.

Plectranthus barbatus Andr.

Plectranthus bishopianus Gamble

Plectranthus bourneae Gamble

Plectranthus caninus Roth

Plectranthus coleoides Benth.

Plectranthus deccanicus Briq.

Plectranthus malabaricus (Benth.) Willemse

Plectranthus mollis (Ait.) Spreng.

Plectranthus rivularis Wight ex Hook.f.

Plectranthus rotundifolius (Poir.) Spreng.

Plectranthus scutellarioides (L.) R.Br.

Plectranthus stocksii Hook.f.

Plectranthus subincisus Benth.

Plectranthus urticifolius Hook.f.

Plectranthus vettiveroides (Jacob) Singh & Sharma

Pogostemon atropurpureus Benth.

Pogostemon auricularius (L.) Hassk.

Pogostemon benghalensis (Burm.f.) Kuntze

Pogostemon cablin (Blanco) Benth.

Pogostemon gardneri Hook.f.

Pogostemon hedgei V.S. Kumar & B. Sharma

Pogostemon heyneanus Benth.

Pogostemon mollis Benth.

Pogostemon myosuroides (Roth) El Gazzar & L. Watson

Pogostemon nilagiricus Gamble

Pogostemon paludosus Benth.

Pogostemon paniculatus (Willd.) Benth.

Pogostemon pubescens Benth.

Pogostemon purpurascens Dalz.

Pogostemon rotundatus Benth.

Pogostemon rugosus (Hook.f.) El Gazzar & L. Watson

Pogostemon speciosus Benth.

Pogostemon wightii Benth.

Prunella vulgaris L.

Rosmarinus officinalis L.

Salvia coccinea Buc'hoz ex Etlinger

Salvia farinacea Benth.

Salvia grahamii Benth.

Salvia involucrata Cav.

Salvia leucantha Cav.

Salvia microphylla Kunth var. *neurepia* (Fernald) Epling

Salvia officinalis L.

Salvia patens Cav.

Salvia plebeia R. Br.

Salvia rutilans Carr.

Salvia splendens Sell. ex Nees

Salvia uliginosa Benth.

Salvia verbenacea L.

Satureja umbrosa (Bieb.) Scheele

Scutellaria colebrookiana Benth.

Scutellaria rivularis Benth.

Scutellaria violacea Heyne ex Benth.

Scutellaria wightiana Benth.

Tetradenia riparia (Hochst.) Codd

Teucrium fruticans L.

Teucrium plectranthoides Gamble

Teucrium tomentosum Heyne ex Benth.

Teucrium wightii Hook.f.

Thymus vulgaris L.

Plantago afra L.

Plantago erosa Wall.

Plantago exigua Juss.ex Murr.

Plantago lanceolata L.

Plantago ovata Forssk.

Commicarpus chinensis (L.) Heimerl

Boerhavia crispa Heyne ex Hook.f.

Boerhavia diffusa L.

Boerhavia erecta L.

Boerhavia helenae Schultes

Bougainvillea glabra Choisy

Bougainvillea spectabilis Willd.

Mirabilis jalapa L.

Mirabilis longiflora L.

Pisonia aculeata L.

Pisonia grandis R. Br.

Achyranthes aspera L. var. *aspera*

Achyranthes aspera L. var. *porphyristachya* (Wall. ex Moq.) Hook.f.

Achyranthes aspera L. var. *rubro-fusca* (Wight) Hook.f.

Achyranthes bidentata Blume

Aerva lanata (L.) Juss. ex Schultes

Aerva persica (Burm.f.) Merr.

Aerva sanguinolenta (L.) Blume

Aerva wightii Hook.f.

Allmania nodiflora (L.) R. Br. ex Wight

Alternanthera paronychioides A.St.

Alternanthera philoxeroides (C. Martiu) Griseb.

Alternanthera pungens Kunth

Alternanthera sessilis (L.) R.Br. ex DC.

Alternanthera tenella Colla.

Alternanthera tenella Colla. var. *bettzickiana* (Regel) Veldkamp

Amaranthus blitum L.

Amaranthus caudatus L.

Amaranthus graecizans subsp. *thellungianus* (Nevski) Gusev.

Amaranthus hybridus L. subsp. *cruentus* (L.) Thell. var. *paniculatus* (L.) Thell.

Amaranthus spinosus L.

Amaranthus tricolor L.

Amaranthus viridis L.

Celosia argentea L.

Celosia cristata L.

Celosia polygonoides Retz.

Celosia pulchella Moq.

Cyathula prostrata (L.) Blume

Digera muricata (L.) Mart.

Gomphrena globosa L.

Gomphrena serrata L.

Indobanalia thyrsiflora (Moq.) Henry & Roy

Iresine herbstii Hook.f. ex Lindl.

Nothosaerva brachiata (L.) Wight

Psilotrichum elliotii Baker & Clarke

Psilotrichum nudum (Heyne ex Wall.) Moq.

Pupalia lappacea (L.) Juss.

Trichuriella monsoniae (L.f.) Bennet

Arthrocnemum glaucum (Del.) Ung.-Sternb.

Arthrocnemum indicum (Willd.) Moq.

Atriplex repens Roth

Atriplex stockesii Boiss.

Beta vulgaris L.

Chenopodium album L.

Chenopodium ambrosioides L.

Chenopodium carinatum R.Br.

Chenopodium giganteum D. Don

Chenopodium murale L.

Chenopodium pumilo R.Br.

Haloxylon recurvum (Moq.) Bunge

Kochia indica Wight.

Salicornia brachiata Roxb.

Spinacia oleracea L.

Suaeda maritima (L.) Dumort.

Suaeda monoica Forssk. ex Gmel.

Suaeda vermiculata Forssk. ex J.F.Gmel.

Basella rubra L.

Ercilla spicata Moq.

Petiveria alliacea L.

Phytolacca dioica L.

Phytolacca octandra L.

Rivina humilis L.

Antigonon leptopus Hook. & Arn.

Coccoloba uvifera (L.) L. Syst.

Emex spinosus (L.) Campdera

Fagopyrum esculentum Moench

Muehlenbeckia gracillima Meisner

Muehlenbeckia platyclada (F.v. Muell. ex Hook.) Meisner

Persicaria attenuata (R.Br.) Sojak subsp. *pulchra* (Blume) K.L.Wilson

Persicaria barbata (L.) H.Hara var. *barbatum*

Persicaria barbata (L.) Hara var. *gracilis* (Danser) H.Hara

Persicaria barbata (L.) Hara var. *stagnina* (Buch.-Ham. ex Meisn.) S.K.Dixit , B.Datt & G.P.Roy

Persicaria capitata (Buch.-Ham. ex D.Don) H.Gross

Persicaria chinensis (L.) H.Gross

Persicaria dichotoma (Blume) S.K.Dixit , B.Datt & G.P.Roy

Persicaria hydropiper (L.) Spach var. *hydropiper*

Persicaria hydropiper (L.) Spach subsp. *flaccida* (Meisn.) Munshi & Javeid

Persicaria lapathifolia (L.) Gray var. *lanigera* (R.Br.) Chantar. & Tubtimtong

Persicaria nepalensis (Meisn.) H.Gross

Persicaria peduncularis (Meissner) Nemato

Polygonum dichotomum Blume var. *angustissima* (Hook.f.) Chandrasekaran

Polygonum dichotomum Blume var. *nilagirica* (Hook.f.) Chandrasekaran

Polygonum dichotomum Blume var. *robusta* (Hook.f.) Chandrasekaran

Polygonum glabrum Willd. var. *glabrum*

Polygonum glabrum Willd. var. *scabrinervis* Hook.f.

Polygonum minus Huds.

Polygonum molle D.Don

Polygonum orientale L.

Polygonum plebeium R. Br.

Polygonum sphaerocephalum Wall.ex Meisner

Polygonum strigosum R. Br.

Rheum rhaponticum L.

Rumex acetosella L.

Rumex crispus L.

Rumex maritimus L.

Rumex nepalensis Spreng.

Rumex vesicarius L.

Dalzellia zeylanica (Gard.) Wight

Farmeria indica Willis

Indotristicha ramosissima (Wight) Royen

Indotristicha tirunelveliana Sharma, Karthik. & Shetty

Podostemon barberi Willis

Podostemon subulatus Gard.

Polypleurum dichotomum (Gard.) Hall

Polypleurum stylosum (Wight) Hall

Willisia selaginoides (Bedd.) Warm. ex Willis

Zeylanidium lichenoides (Kurz) Engler

Zeylanidium olivaceum (Gard.) Engler

Aristolochia bracteolata Lam.

Aristolochia cymbifera Mart. & Zucc.

Aristolochia grandiflora Sw.

Aristolochia indica L.

Aristolochia ringens Vahl

Aristolochia tagala Cham.

Thottea barberi (Gamble) Ding Hou

Thottea siliquosa (Lam.) Ding Hou

Lepianthes umbellata (L.) Rafin.

Peperomia blanda (Jacq.) Kunth var. *floribunda* (Miq.) Huber

Peperomia heyneana Miq.

Peperomia pellucida (L.) H.B.K.

Peperomia candolleana Miq.

Peperomia tetraphylla (Forst.f.) Hook. & Arn.

Peperomia pseudo - rhombi C. DC.

Peperomia wightiana Miq.

Piper argyrophyllum Miq.

Piper barberi Gamble

Piper betle L.

Piper galeatum C.DC.

Piper glabrirhache C.DC.

Piper hapnium Buch.-Ham. ex Hook.

Piper hymenophyllum Miq.

Piper longum L.

Piper mullesua Buch.-Ham. ex D.Don

Piper nigrum L.

Piper obtusistigmum C.DC.

Piper ootacamunbense C.DC.

Piper opacilimbium C.DC.

Piper ovatostemon C.DC

Piper pykarahense C.DC.

Piper schmidtii Hook.f.

Piper trichostachyon (Miq.) C.DC.

Piper trioicum Roxb.

Piper wightii Miq.

Sarcandra chloranthoides Gard.

Knema attenuata (Wall. ex Hook.f.& Thoms.) Warb.

Myristica dactyloides Gaertn.

Myristica fatua Houtt. var. *magnifica* (Bedd.) Sinclair

Myristica fragrans Houtt.

Actinodaphne bourdillonii Gamble

Actinodaphne bourneae Gamble

Actinodaphne campanulata Hook.f. var. *campanulata*

Actinodaphne campanulata Hook.f. var. *obtusata* Gamble

Actinodaphne lanata Meisner

Actinodaphne lawsonii Gamble

Actinodaphne maderaspatana Bedd. ex Hook.f.

Actinodaphne malabarica Balakr.

Actinodaphne salicina Meisner

Actinodaphne tadulingamii Gamble

Alseodaphne semecarpifolia Nees var. *semecarpifolia*

Alseodaphne semecarpifolia Nees var. *angustifolia* Meisner

Alseodaphne semecarpifolia Nees var. *parvifolia* Hook.f.

Apollonias arnottii Nees

Beilschmiedia bourdillonii Brandis

Beilschmiedia gammieana King ex Hook.f.

Beilschmiedia wightii (Nees) Benth.

Cassytha capillaris Meisner

Cassytha filiformis L.

Cinnamomum bejolghota (Buch. - Ham.) Sweet

Cinnamomum camphora (L.) Presl

Cinnamomum filipedicellatum Kosterm

Cinnamomum keralaense Kosterm.

Cinnamomum macrocarpum Hook.f.

Cinnamomum malabattrum (Burm.f.) Blume

Cinnamomum multiflorum (Roxb.) Wight

Cinnamomum nitidum Blume

Cinnamomum perrottetii Meisner

Cinnamomum riparium Gamble

Cinnamomum sulphuratum Nees

Cinnamomum travancoricum Gamble

Cinnamomum verum Presl

Cinnamomum walaiwarensense Kosterm.

Cinnamomum wightii Meisner

Cryptocarya anamalayana Gamble

Cryptocarya beddomei Gamble

Cryptocarya bourdillonii Gamble

Cryptocarya lawsonii Gamble

Cryptocarya neilgherrensis Meisner

Cryptocarya stocksii Meisner

Laurus nobilis L.

Litsea beddomei Hook.f.

Litsea bourdillonii Gamble

Litsea coriacea (Heyne ex Meisner) Hook.f.

Litsea deccanensis Gamble

Litsea floribunda (Blume) Gamble

Litsea glabrata (Wall. ex Nees) Hook.f.

Litsea glutinosa (Lour.) C. Robinson

Litsea hookeriana Meisner

Litsea insignis Gamble

Litsea laevigata (Nees) Gamble

Litsea monopetala (Roxb.) Pers.

Litsea nigrescens Gamble

Litsea oleoides (Meisner) Hook.f.

Litsea quinqueflora (Dennst.) Suresh

Litsea stocksii (Meisner) Hook.f. var. *stocksii*

Litsea stocksii (Meisner) Hook.f. var. *glabrescens* (Meisner) Hook.f.

Litsea travancorica Gamble

Litsea venulosa (Meisner) Hook.f.

Litsea wightiana (Nees) Hook.f. var. *wightiana*

Litsea wightiana (Nees) Hook.f. var. *tomentosa* (Meisner) Gamble

Neolitsea cassia (L.) Kosterm.

Neolitsea fischeri Gamble

Neolitsea foliosa (Nees) Gamble var. *caesia* (Meisner) Gamble

Neolitsea scrobiculata (Meisner) Gamble

Persea americana Mill.

Persea macrantha (Nees) Kosterm.

Phoebe lanceolata Nees

Phoebe paniculata Nees

Phoebe wightii Meisner

Gyrocarpus asiaticus Willd.

“Kheksi is good vegetable for the patient taking Euphorbia and five roots based Formulations.” The Traditional Healers of Orissa suggested me when I shared this formulation with them. Kheksi is *Momordica dioica*. It is consumed with much taste in Central India specially in Chhattisgarh.

“Kheksi is compatible with many herbs including Euphorbia hirta and associated species in Traditional Formulations.” Many Healers from different parts of India confirmed it. In fact, in year 1998 when I was giving much time on my surveys and documentation work an idea came to my mind to collect the information about compatible herbs. Unfortunately ancient literature related to different systems of medicine in India fail to give much detail on this aspect. Also early Ethnobotanists have worked very little on this important aspect. My work on compatible herbs resulted in huge information in my database. In India and also in other parts of the world it is general perception that one can mix and use any herb in any combination as herb is free from harmful effects. This is not true. The wrong combination of herbs can reduce the performance of main herb/s even it can convert the life saving formulation into poison. The Indian Healers have in depth knowledge on this aspect but most of the knowledge is in undocumented form. I tried to document and present it in form of simple charts. You can find it in my homepage.

In general bitter herbs are considered boon for Diabetes management even for cure. From Karela (*Momordica charantia*) to Neem (*Azadirachta indica*) all bitter herbs are used for Diabetes. These herbs act in miraculous ways. But for patient having Diabetes with joint related diseases these bitter herbs are not less than curse. The bitter constituents aggravate the pain and related troubles and delay the cure. The patients not aware of this bare fact continue using bitter herbs for Diabetes and their joint related problems aggravate alarmingly. Many Ayurveda practitioners are also not aware of this bitter fact. The Traditional Healing methods practiced by Traditional Healers in far forest are not in the course content of Ayurveda scholars. Hence, they miss the chance of learning from the valuable ground level experiences gathered by the Healers.

“Bitter herbs are must for Diabetes then how one can stop using it even if it aggravates the other ailments? This depends on patients whether they want to get rid from Diabetes or other troubles?” One of my Ayurveda expert friends reacted on this issue. Fortunately Indian Traditional Healers have

answer for this important question. In year 1993 for the first time I got information about herb having potential to nullify the harmful effects of bitter herbs on joint related diseases. After that the senior Healers gave me the Guru Mantra.

“Search the Ficus species growing in dense forest without any care, far from human population you will get the answer of your question?” They said everything in few words. I found not only wild Ficus but Ficus like plants and associated flora from dense forests far from human interference.

“Protect the patient from strong sunlight and use Andi (*Ricinus communis*) leaves in place of bed sheet.” I am noting this strong recommendation for the patients affected by any type of paralysis. Is there any relationship between light and the cause of paralysis? I searched the answer in Internet and university libraries but failed to find the related research. In Indian Traditional Healing for paralyzed patients the Healers construct special Healing Hut. The hut is made in this way so that the patients experience darkness most of the time. Patients are strictly protected from light. “This special precaution helps the medicines to work in efficient way and to recover the patients faster.” The Healers explain.

Patients with old fever are in general suggested to use Andi leaves in special way. The freshly harvested leaves are spread on bed and patients are instructed to sleep on it. I have mentioned it in my previous writings but I noted while interacting with the Traditional Healers having expertise in treatment of paralysis that this practice is beneficial for this trouble also. From Bhirha, Kumhi to Mahaneem leaves there are hundreds of types of leaves used for this purpose by the Healers of different parts of India. But Andi holds a special position in this exhausting list. (contd.)

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